

June 2023

# The Texture of Life

Seeing and Touching and Feeling the Depth of Softness

Presented by Stop Breathe Believe® ✨ Dianne Morris Jones



# Delightfully Soft

by Roger C. Jones



The tender touch of a first kiss  
lips as sweet as candy  
Subtle hints of fruits & spices from  
the first sip of a fine wine  
Melodic tones of a slow  
Mozart piano concerto  
Delicate sun rays peeking over  
the dawn horizon  
Birds singing rhythmic praises  
as morning dissolves the night's darkness  
Mommie's fingers gently patting  
the back of her precious newborn  
Pureed baby food spooned  
delicately to a tiny open mouth  
Aromas of green forest pines and spruces  
enjoyed on a meandering hike  
A mama bear tenderly wrestling  
with her playful cubs  
The warm touch of Spring sunshine  
on a winter-blasted face  
Creamy mashed potatoes and gravy  
like Grandma made  
A swaying wind chime twinkling  
random notes to the yard birds  
Marshmallows slowly heated over  
a campfire settled to red coals  
An arching rainbow that bluebirds fly  
over to somewhere  
Fragrant roses red-symbols of love  
& romance-best smelled by kneeling  
And Bananas Foster served as the ultimate  
ending to a special meal (or poem)

Softness caresses us and comes like a good friend  
whispering to us again & again  
May we smell/see/touch/taste & hear  
the delights of softness...

Everywhere



Soft Space - A Mother Hen's Embrace  
Photo taken in Peru.

# Day 1

“Be soft. Do not let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place.” – Kurt Vonnegut

How might softness touch your life today?



Soft Pink Flowers  
Photo taken in Peru.

## Day 2

“The shed was almost quite full of feathers – it was almost suffocating; but it was comfortable and very soft.”

– Beatrix Potter, *The Tale of Jemima Puddle-Duck*

How might softness touch your life today?



Soft Blue of a Mountain Jay  
Photo taken in Bend, Oregon.

# Day 3

“There’s bravery in being soft.”  
– Shihori Obata

How might softness touch your life  
today?



Soft Bunny & Baby Goat Fur  
Photo taken in Dallas, Texas.

# Day 4

“Strong back.  
Soft front.  
Wild heart.”

– Brené Brown

How might softness touch your life today?



Soft Jalapeño Butter on a Hush Puppy  
Photo taken in Bend, Oregon.

# Day 5

“Beauty is certainly a soft, smooth, slippery thing, and therefore of a nature which easily slips in and permeates our souls.” – Plato

How might softness touch your life today?



Soft Dove

Photo taken in Dallas, Texas.

# Day 6

“Having a soft heart in a cruel world is courage, not weakness.”

– Katherine Henson

How might softness touch your life today?





Soft Fabric

Photo taken in Paris, France.

# Day 7

“I have witnessed the softening of the hardest of hearts by a simple smile.”

– Goldie Hawn

How might softness touch your life today?



Soft Flower Arrangement  
Photo taken in Bend, Oregon.

# Day 8

“The softer your heart is the less that your past is forming your present and your future. When there is openness and softness of heart, what forms the present and the future is not your past but the reality of your own being.” – John de Ruiter

How might softness touch your life today?



Soft and Furry Plant  
Photo taken in Raccoon River Park,  
West Des Moines, Iowa

# Day 9

“Softly the evening came  
With the sunset.”

– Henry Wadsworth Longfellow

How might softness touch your life today?

# Day 10



Soft Grass on Highway One  
Photo taken in California.

“May the sun  
Bring you new energy by day,  
May the moon  
Softly restore you by night,  
May the rain  
Wash away your worries,  
May the breeze  
Blow new strength into your being  
May you walk  
Gently through the world and know  
Its beauty all the days of your life.”

- Apache Blessing

How might softness touch your life today?



Soft Hug  
Photo taken in Florida

# Day 11

“When two friends understand each other totally, the words are soft and strong like an orchid’s perfume.”

– Sara Jeannette Duncan

How might softness touch your life today?



Soft Pine Needle Path  
Photo taken in Bend, Oregon.

# Day 12

“Tread Softly,  
Breathe Peacefully,  
Laugh Hysterically.”  
– Nelson Mandela

How might softness touch your life  
today?



Photo taken in Denver, Colorado.

# Day 13

“Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.”  
– Henry David Thoreau

How might softness touch your life today?



Soft Reflection of Sunrise  
Photo taken in Caddo State Park, Texas.

# Day 14

“I have spread my dreams beneath  
your feet. Tread softly because you  
tread on my dreams.”

– William Butler Yeats

How might softness touch your life  
today?





Soft Beach Sand  
Photo taken in Florida.

# Day 15

“You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves.” – Mary Oliver

How might softness touch your life today?



Soft Morning

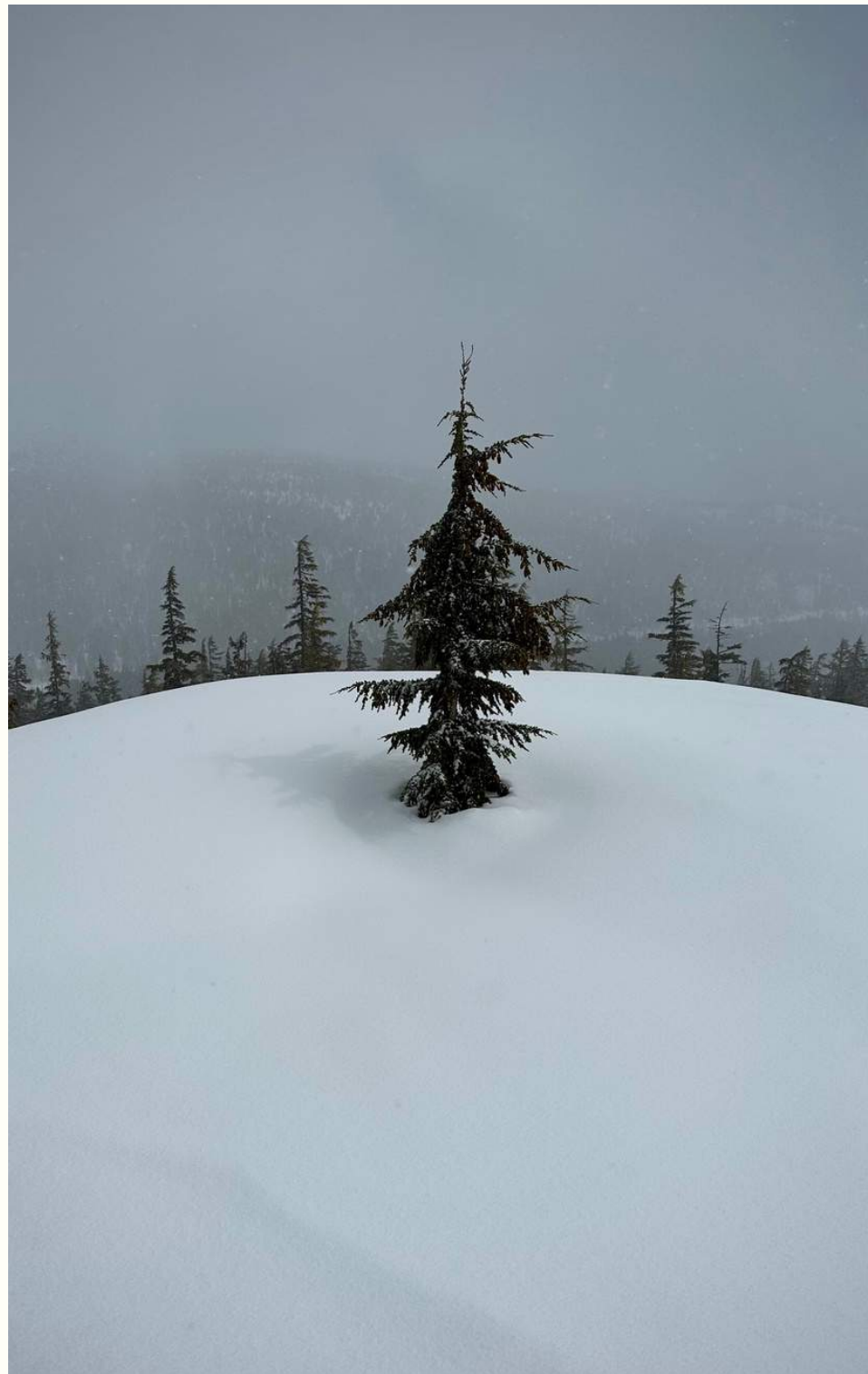
Photo taken in Mount Whitney Portal, California.

# Day 16

“Through the dancing poppies stole  
a breeze, most softly lulling to my  
soul.”

– John Keats

How might softness touch your life  
today?



# Day 17

“Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.” – Laozi

How might softness touch your life today?

Soft Snow

Photo taken at Mt. Bachelor by John Thomason.



Soft Breeze

Photo taken in Salzburg, Austria.

# Day 18

“There is no pillow so soft as a clear conscience.”  
– Anonymous

How might softness touch your life today?



Soft Field of Flowers  
Photo taken in West Des Moines, Iowa.

# Day 19

“If you want your children to listen, try talking softly – to someone else.”

– Ann Landers

How might softness touch your life today?



Soft Snowy Path  
Photo taken in Walnut Woods Park,  
West Des Moines, Iowa.

# Day 20

“Speak softly, but carry a big can of paint.”  
– Banksy

How might softness touch your life today?

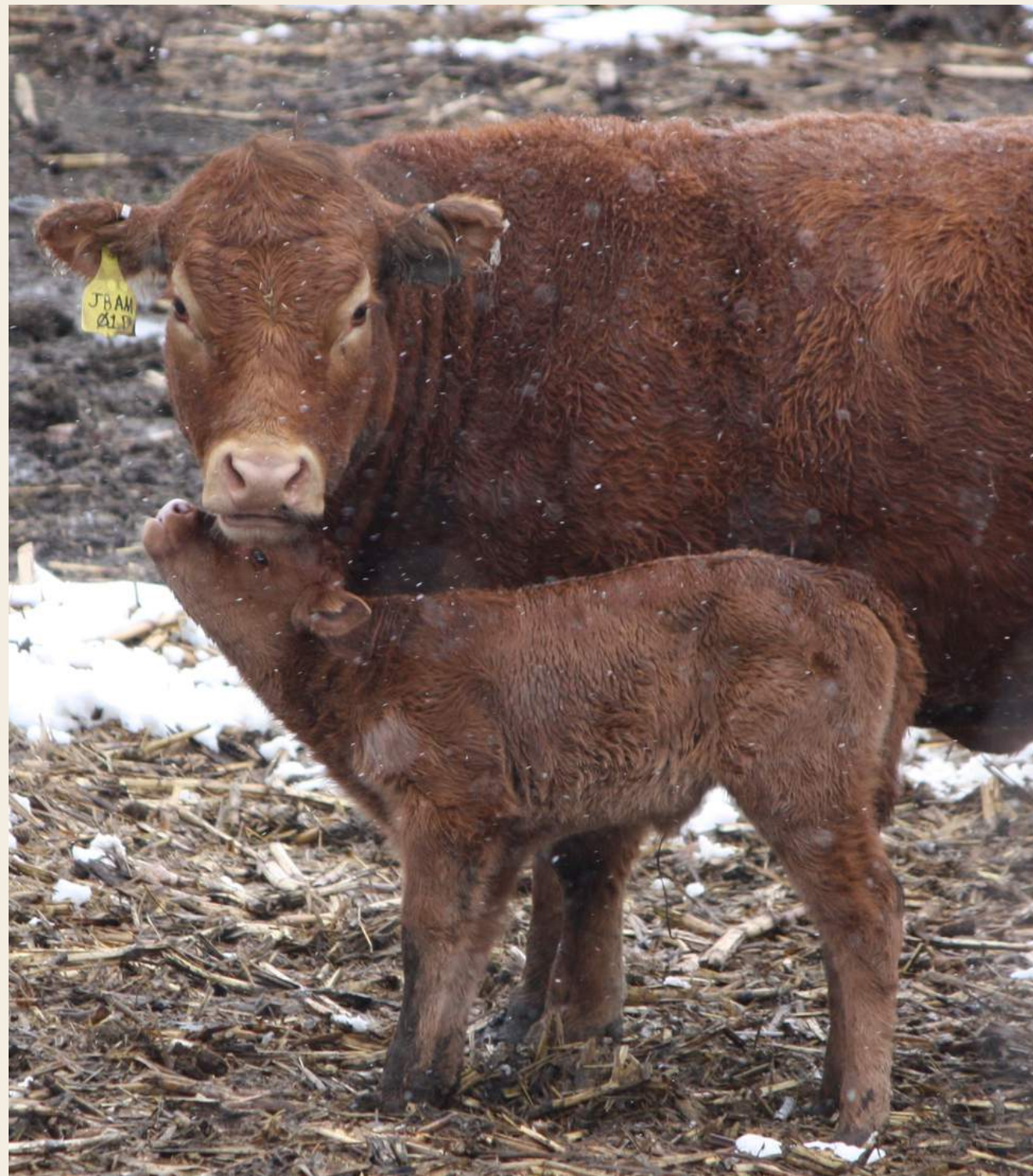
# Day 21

“Do not surrender your grief so quickly  
Let it cure more deeply  
Let it ferment and season you  
As few human or divine ingredients can  
Something is missing in my heart tonight  
That has made my eyes so soft  
And my voice so tender  
Any my need of God so absolutely clear.”  
– Hafez

How might softness touch your life today?



Soft Lighting on a Shell  
Photo taken in Anna Maria Island, Florida.



Soft Mother's Touch  
Photo taken in West Des Moines, Iowa.

# Day 22

“Our love grows soft if it is not strengthened by truth, and our truth grows hard if it is not softened by love.”

– John Stott

How might softness touch your life today?



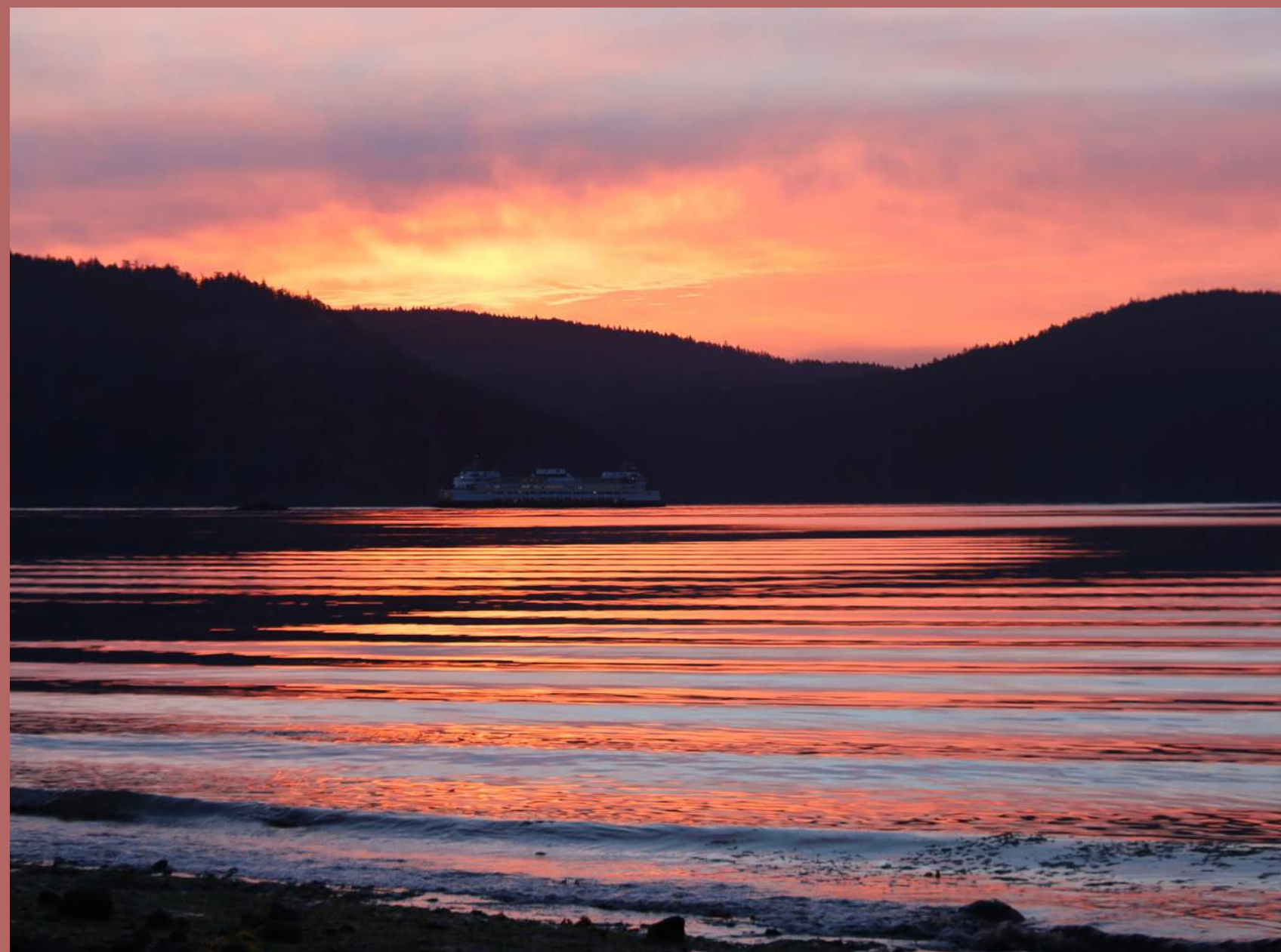


Soft Sterling Ears  
Photo taken in Dallas, Texas.

# Day 23

“The touch of the sea is sensuous,  
enfolding the body in its soft, close  
embrace.” – Kate Chopin

How might softness touch your life  
today?



Soft Sunrise

Photo taken on Lopez Island, Washington.

# Day 24

“When exhausted or in pain, or when I chance into wonder, I stand softly between all I have been and all I will be.” – Mark Nepo

How might softness touch your life today?



Soft Sunset

Photo taken in Red Rock Lake, Iowa.

# Day 25

“You will always be too much of something for someone: too big, too loud, too soft, too edgy. If you round out your edges, you lose your edge. Apologize for mistakes. Apologize for unintentionally hurting someone – profusely. But don’t apologize for being who you are.”

– Danielle LaPorte

How might softness touch your life today?



Soft Tiny Feet

Photo taken in West Des Moines, Iowa.

# Day 26

“The voice of beauty speaks softly; it creeps only into the most fully awakened souls.” – Friedrich Nietzsche

How might softness touch your life today?



Soft Touch  
Photo taken in Peru.

# Day 27

“And a softness came from the starlight  
and filled me full to the bone.”

– William Butler Yeats

How might softness touch your life  
today?



Soft Water Ripple  
Photo taken in Colorado.

# Day 28

“Gorgeous flowerets in the sunlight shining,  
Blossoms flaunting in the eye of day,  
Tremulous Leaves, with soft and silver lining,  
Buds that open only to decay.” – Henry  
Wadsworth Longfellow

How might softness touch your life today?



Soft Stuffed Animal  
Photo taken in Dallas, Texas.

# Day 29

“Within each of us there is an intense need to feel that we belong. This feeling of unity and togetherness comes through the warmth of a smile, a handshake, or a hug, through laughter and unspoken demonstrations of love. It comes in the quiet, reverent moments of soft conversation and in listening.” - William R. Bradford

How might softness touch your life today?

# Day 30



Soft White Flower

Photo taken in Marmot Pass, Washington.

“A Blessing; May the light of your soul guide you; May the light of your soul bless the work you do with the secret love and warmth of your heart; May you see in what you do the beauty of your own soul; May the sacredness of your work bring healing, light and renewal to those who work with you and to those who see and receive your work; May your work never weary you; May it release within you wellsprings of refreshment, inspiration and excitement; May you be present in what you do. May you never become lost in the bland absences; May the day never burden; May dawn find you awake and alert, approaching your new day with dreams, possibilities and promises; May evening find you gracious and fulfilled; May you go into the night blessed, sheltered and protected; May your soul calm, console and renew you.”

– John O’Donohue

How might softness touch your life today?